

Historic, Archive Document

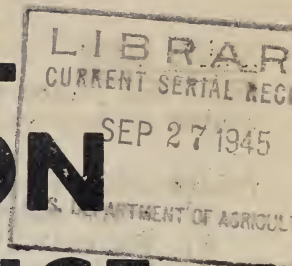
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MONTHLY



INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

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WAR FOOD ADMINISTRATION
Commodity Credit Corporation
Office of Supply

August 1945

August is harvest month. Truckloads of fruits and garden vegetables are coming into the cities. Victory gardens all over the Nation are helping to increase this year's crop.

Eat them while they're fresh

Garden-fresh vegetables and tree-ripened fruits are delicious and rich in food value. Eat plenty in August, while they're garden-fresh. Snap beans, beets, cauliflower, sweet corn, and many other vegetables fresh from the garden will be found at your plant cafeteria. Delicious, sun-ripened peaches, and cantaloup and other melons will come from orchards and gardens to the cafeteria to add flavor and vitamins galore to your mid-shift meals.

WAYS TO COOPERATE WITH YOUR CAFETERIAL MANAGER

Don't ask for more sugar: Your plant cafeteria has had a drastic cut in its sugar ration because sugar supplies are lower than any time since the beginning of the war. In fact, your cafeteria's sugar ration amounts to approximately 1 tablespoon per meal for each worker. That must be stretched for baking and beverages.

When you use a heaping teaspoonful or two in your coffee, the pastry cook has less for the favorite chocolate cake or apple pie. Cooperate with your cafeterial manager by taking only a level teaspoonful for your beverage. Stir the sugar well so it dissolves completely, and don't grumble about the management or the OPA.

Help make the cafeteria service faster:

- 1) Read the menu before you reach the serving counter so you can give your order promptly.
- 2) Speak distinctly when giving your order to the counter salesgirl.
- 3) Have your money ready when you reach the cashier.

Help to keep the dining room orderly:

- 1) Return your tray of empty dishes when this is the custom.
- 2) Place waste paper in the proper containers.

HEALTH HINTS

Green and yellow vegetables and tomatoes, fresh from the garden, provide precious health protective vitamins A and C.

Follow these simple rules in hot weather if you want to keep fit:

- 1) Drink plenty of water.
- 2) Use salt liberally with your meals.
- 3) Do not overeat at any one meal, but eat more often, if necessary.

Be sure to include foods from the Basic 7 food groups in your meals every day.

TAKE-HOME IDEAS

Harvest time is canning time. Workers who have victory gardens will be wise to can all fruits and vegetables which the family cannot eat. Can them while they're young, and immediately after they're picked to get full flavor and food value.

Conserving and preserving food this season are more important than ever. Now garden vegetables and fruits are plentiful, but stocks of commercially canned foods will be smaller this year than last. Increased military needs and shipments for the liberated countries will cut the civilian supply. Can all you can now of your garden-fresh foods.

Use the Community Canning Centers. Many communities have canning centers completely equipped for family canning. Take your fruits and vegetables to a canning center and can them right there. For those who have never canned before, experienced instructors are on hand to supervise the canning and help with the processing. All that the service costs is the price of the can plus a small fee.

Call your local board of education or the extension service of USDA to find where the nearest canning center is located.

If you haven't already applied for your canning sugar, you should do so at once. Applications may be obtained from your local ration board.

Save used fats at home. Your butcher will give you 2 red points and up to 4 cents per pound for fats which are no longer useful to you but precious for Uncle Sam's firing line. Fats that go down the drain or into the garbage pail don't help to shorten this war. Keep the used-fat containers in a convenient place and see how quickly you can fill it up.

FOOD-ON-THE-JOB HERE AND THERE

In a west coast plant, only pint-sized milk containers were served until recently when half-pints were made available. Milk sales instantly increased 25 percent. If you're a one-glass-of-milk-at-a-meal drinker and your cafeteria serves only pints, suggest that half-pints also be served.

One southern textile mill reports cafeteria patronage just short of 100 percent. Only two women workers do not eat their mid-shift meal at the mill. One goes home to look after her sick mother and the other to feed her baby.